

Supplemental Figures for JAPPL-00743-2024: Cumulative Effects of Training at Different Weekly Energy Expenditures on Cardiorespiratory Fitness and Markers of Metabolic Syndrome in STRRIDE-Extension

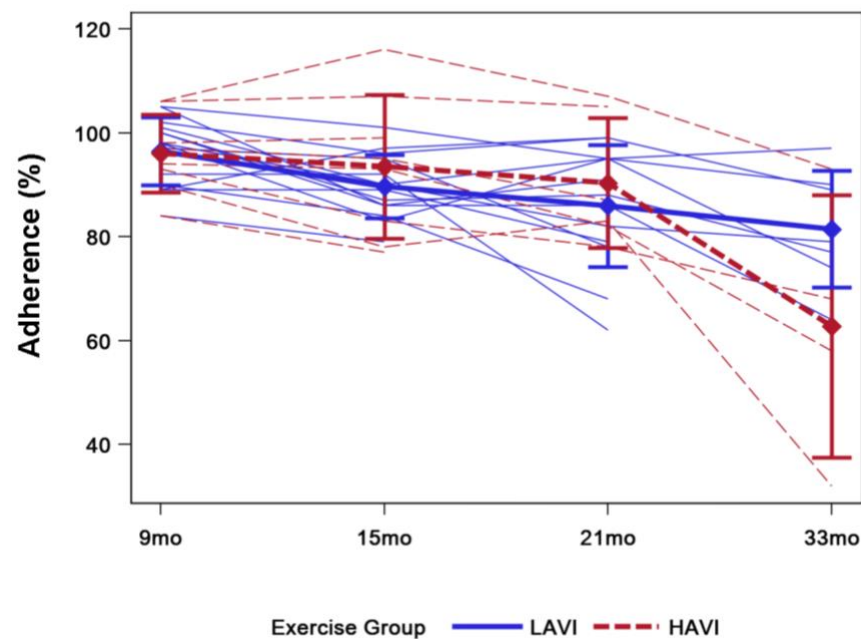


Figure S1. Individual trajectories and group mean trajectories of aerobic training adherence at equivalent timepoints. Thin lines represent individual participant data. Bolded lines represent group mean and standard deviation. Blue solid lines represent the Low-Amount/Vigorous-Intensity (LAVI) group. Red dashed lines represent the High-Amount/Vigorous-Intensity (HAVI) group. mo,months

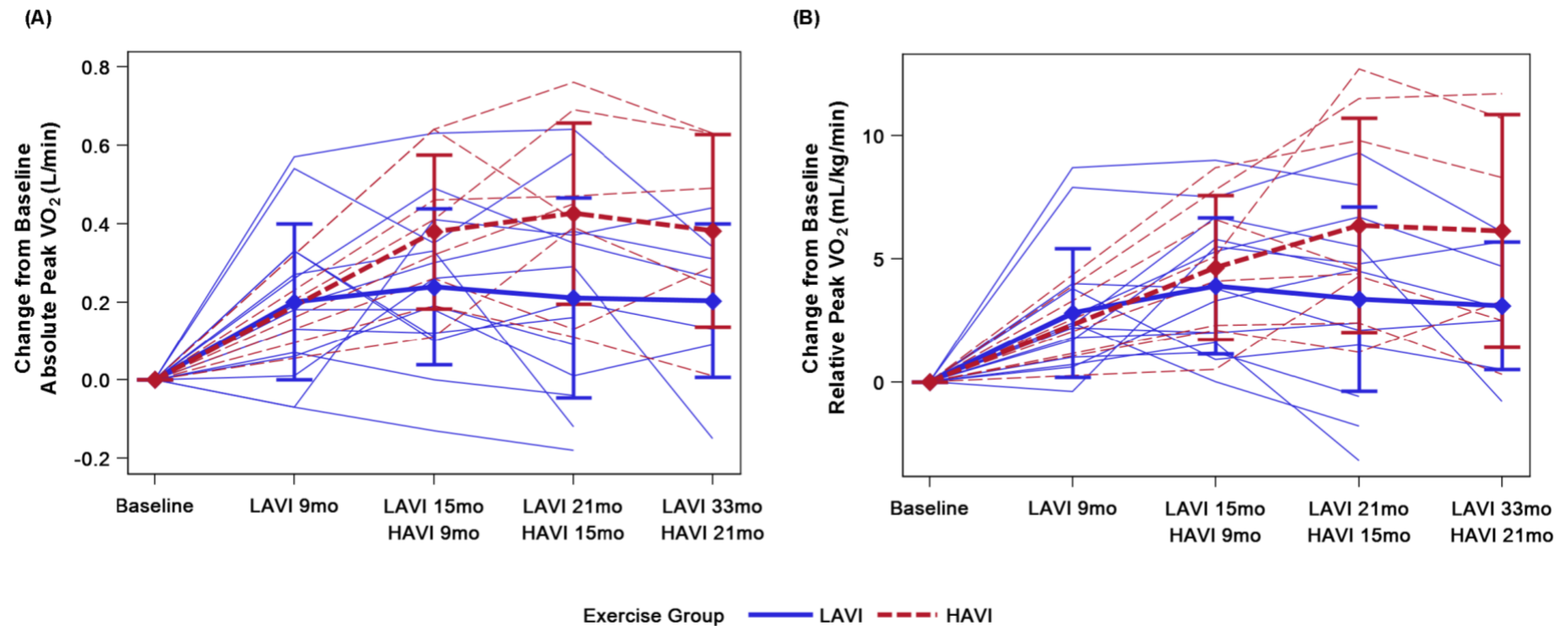


Figure S2. Individual trajectories and group mean trajectories for cardiorespiratory fitness at timepoints of roughly equivalent cumulative exercise volumes. Panel (A) displays change in absolute peak VO_2 . Panel (B) displays change in relative peak VO_2 . Thin lines represent individual participant data. Bolded lines represent group mean and standard deviation. Blue solid lines represent the Low-Amount/Vigorous-Intensity (LAVI) group. Red dashed lines represent the High-Amount/Vigorous-Intensity (HAVI) group. Peak VO_2 , peak oxygen consumption; mo, months

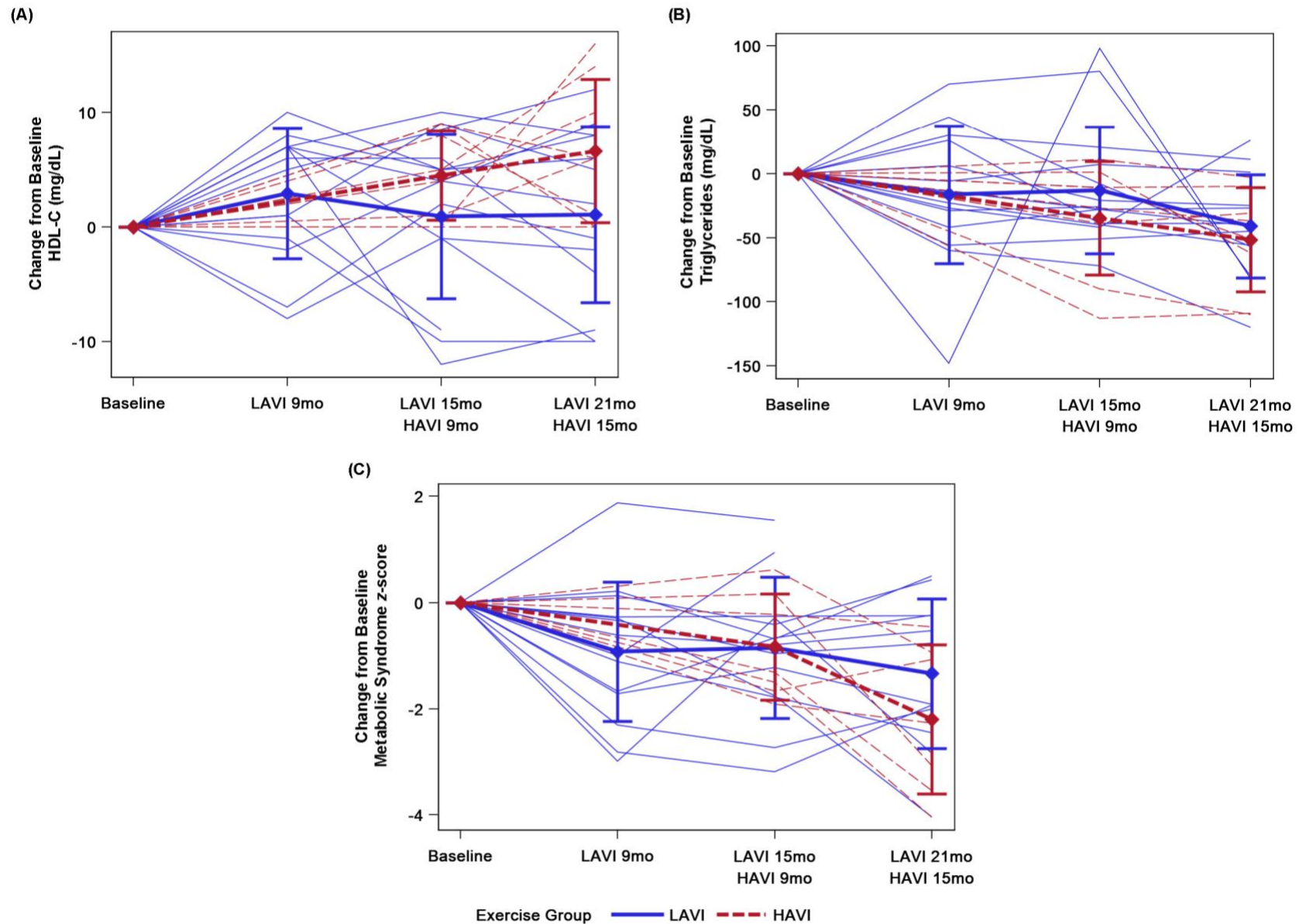


Figure S3. Individual trajectories and group mean trajectories for HDL-C (A), triglycerides (B), and metabolic syndrome z-score (C) at timepoints of roughly equivalent cumulative exercise volumes. Thin lines represent individual participant data. Bolded lines represent group mean and standard deviation. Blue solid lines represent the Low-Amount/Vigorous-Intensity (LAVI) group. Red dashed lines represent the High-Amount/Vigorous-Intensity (HAVI) group. HDL-C, high-density lipoprotein cholesterol; mo, months

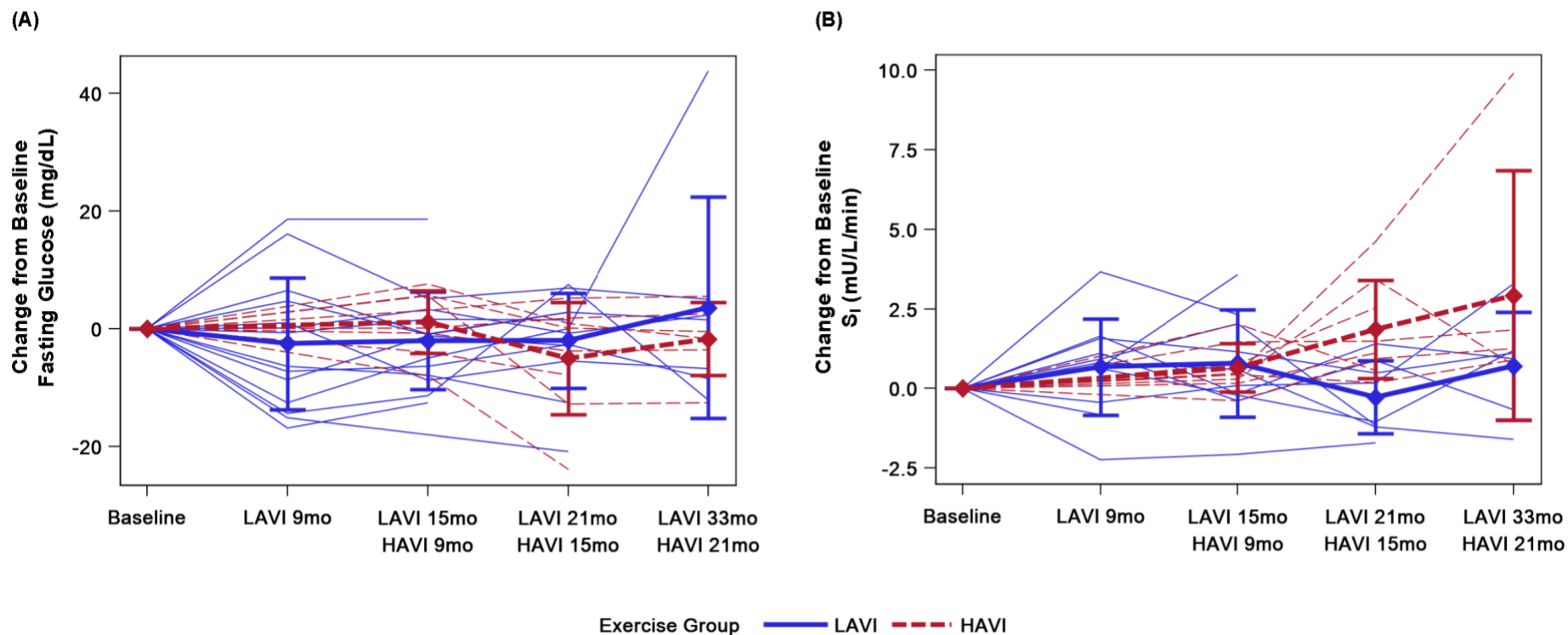


Figure S4. Individual trajectories and group mean trajectories for fasting glucose (A) and S_1 (B) at timepoints of roughly equivalent cumulative exercise volumes. Thin lines represent individual participant data. Bolded lines represent group mean and standard deviation. Blue solid lines represent the Low-Amount/Vigorous-Intensity (LAVI) group. Red dashed lines represent the High-Amount/Vigorous-Intensity (HAVI) group. mo, months; S_1 , insulin sensitivity index

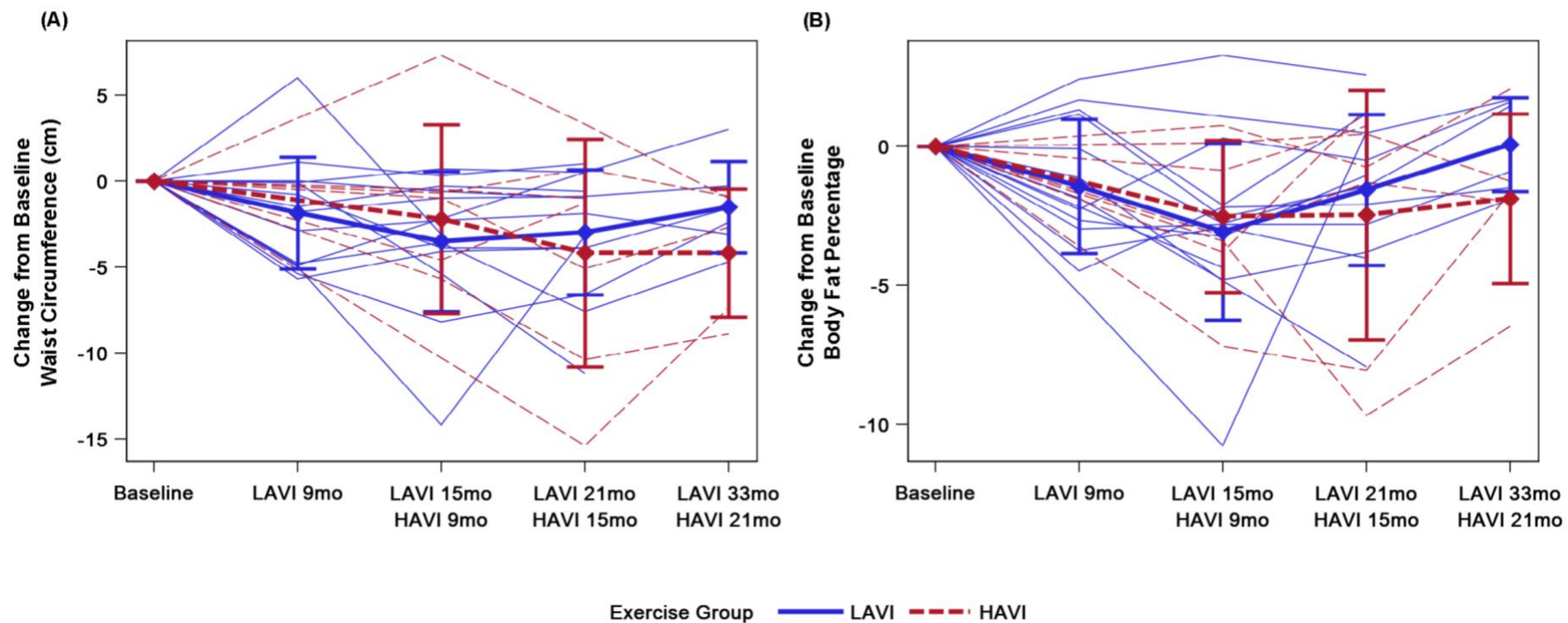


Figure S5. Individual trajectories and group trajectories for waist circumference (A) and body fat percentage (B) at timepoints of roughly equivalent cumulative exercise volumes. Thin lines represent individual participant data. Bolded lines represent group mean and standard deviation. Blue solid lines represent the Low-Amount/Vigorous-Intensity (LAVI) group. Red dashed lines represent the High-Amount/Vigorous-Intensity (HAVI) group. mo, months